



DISABILITY AND HEALTH

WHAT IS THE PUBLIC HEALTH PROBLEM?

Fifty-four million Americans are living with a functional limitation associated with a long-term physical, sensory, or cognitive condition. The annual economic cost associated with disabling conditions is an estimated \$300 billion. People with disabilities report substantial disparities in health compared with people without disabilities, including more days of pain, depression, and anxiety. People with disabilities also have higher rates of obesity. People with disabilities report less access to health care compared with those without disabilities. CDC conducts programs to promote the health, well-being, independence, productivity, and full societal participation of people with disabilities and to reduce the incidence and severity of secondary conditions such as pressure sores (decubitus ulcers), urinary tract infection, depression, and obesity. Through these programs, CDC supports research on risk factors for poor health and well-being; research on measures of health, functioning, and disability; data collection on the prevalence of disabilities and the health status of people with disabilities; health promotion interventions; and the implementation of public health policies related to disability and health.

WHAT HAS CDC ACCOMPLISHED?

- Funded programs in sixteen states (Arkansas, California, New Mexico, Illinois, Iowa, Montana, South Carolina, North Carolina, Virginia, New Jersey, New York, Vermont, Rhode Island, Massachusetts, Oregon, Washington) to help them implement community-based health promotion programs, develop their own state health plans, plan health promotion interventions, and develop state health department infrastructure and program planning.
- Funded research programs in twelve academic institutions (University of Montana [2 grants], Craig Hospital, University of Iowa, Washington University, Baylor College of Medicine, University of Illinois, University of North Carolina, University of South Carolina, Emory University, State University of New York, University of Washington) to conduct studies on prevalence, risk factors, and health status; to develop health promotion interventions; and to offer training to health professionals.
- Administered grants to three disability information centers that focus on physical activity for people with disabilities as well as the health of people with limb loss and those with paralysis.
- Supported conferences to facilitate and stimulate dialogue, disseminate and exchange information, establish research and policy priorities, and outline and undertake next steps.
- Funded *Living Well with a Disability*, which demonstrated that health promotion activities targeting people with disabilities not only improve health and wellness but also save money by reducing the frequency of medical visits.

WHAT ARE THE NEXT STEPS?

- Continue to translate research findings into practice to improve the lives of people living with disabilities, including encouraging the implementation of the *Living Well with a Disability* program.
- Develop and disseminate health information for individuals with disabilities and their families.

For further information about this or other CDC programs, visit www.cdc.gov/programs.

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